

WIC NEWS AND NOTES

Waukesha County WIC Program, 514 Riverview Ave, Waukesha, WI 53188
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October-December 2016



WIC Cheese for Children

Beginning November 1, children ages 2-4, will be eligible to receive cheese and non-fat or low-fat yogurt with their monthly WIC benefits. Previously, only exclusively breastfeeding mothers received cheese.

In addition, 100% whole wheat pasta (in any shape) may be purchased with the whole grain benefit, and the approved cereal list has been updated with new cereal options.

These changes promote good health and healthy weight amongst WIC clients, while offering a variety of options at the grocery story.

See a list highlighting the food changes on the back of this newsletter and watch for a new WIC Approved Food guide at your next WIC visit.

Nutrition Education - Your Way at Home!

Work, bad weather, activities - there may be many reasons that keep you from renewing your WIC benefits in a timely fashion. *Did you know that you can now complete your group education requirement from your home computer?*

Simply create an account at www.wichealth.org using your WIC family ID #, found at the top of your yellow calendar card (or call the WIC office). From there you can choose from a variety of nutrition topics that will best suit you and your family's nutritional interests and needs. If it is completed at least 24 hours before pick-up, there is no need to print, otherwise, print off your certificate and bring it to the WIC office on your pick up day, or call the office (262- 896-8440) if transportation to our office is of concern.

WIC will be CLOSED Friday, November 25

Friday, December 23

Monday, December 26:

benefit pickup will be *Tuesday, December 27 from 8:15-4:00*

Friday, December 30

Monday, January 2: benefit pickup will be *Tuesday, January 3 from 8:15-4:00*

Late hours for clinic and benefit pickup will not be available on these Tuesdays.

Keep Your Family Active Year Round

An online resource may be the inspiration you need to keep your family healthy and active year-round. This Get Active Guide from Waukesha County offers resources and locations for everything from "Strollercize" for new moms, to winter activities, like open gyms, ice skating and sledding. Visit: www.waukeshacounty.gov/UWEX/WCNC/resources/

Featured Seasonal Recipe



Italian Bean Soup

Makes: 18 Servings

Three beans combine with savory vegetables in a rich, tomato-based broth for this Italian Bean soup. Using your WIC bean, juice and vegetable benefits makes this an economical and wholesome lunch or dinner on a cool fall day.

Ingredients

- 1 can great northern beans (15 oz)
- 1 can red kidney beans (15 oz)
- 2 cans pinto beans (15 oz each)
- 46 fluid oz tomato or V8 juice
- 1 can Italian style or stewed tomatoes (15 oz)
- 1 can vegetable broth, low sodium (15 oz)
- 1 can green beans (15 oz, drained)
- 1 1/2 tablespoons Italian seasoning
- 1 onion (medium, chopped)
- 1/4 teaspoon black pepper
- 2 garlic cloves (fresh, chopped fine)

Directions

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.
3. Serve with whole-grain bread or roll.

*University of Massachusetts, Extension Nutrition Education Program,
Choices: Steps Toward Health*

Wisconsin WIC Approved Foods Booklet– Highlights of Changes

Effective November 1, 2016

Fruits and Vegetables

Allowed:	Applesauce with cinnamon (no added sugar) Fruits and vegetables combined in the booklet into the categories <i>Fresh</i> , <i>Canned</i> , and <i>Frozen</i>
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Juice

Allowed:	48 oz. and 64 oz. separated to clearly show availability to women and children Added: 48 oz. and 64 oz. Apple & Eve, 64 oz. Motts Apple Juice Additional store brand apple juice listed
Not Allowed:	Juice box option removed

Beans, Peas, Lentils, Peanut Butter

Allowed:	The word <i>Mature</i> was removed
Not Allowed:	<i>Spread</i> listed as the first Not Allowed option under peanut butter with brand specific examples

Cereal

Allowed:	Addition: Post Honey Bunches of Oats Whole Grain Honey Crunch and Almond Crunch, Sunbelt Bakery Simple Granola, and Kellogg's Unfrosted Mini Wheats Allowed store brands listed
Not Allowed:	Removed: General Mills Dulce de Leche Cheerios, Kellogg's Mini Wheats- Big-Bite and Gluten free Rice Krispies
Change:	Kellogg's Mini Wheats- Touch of Fruit removed from the booklet, but will remain allowed as long as available in store

Whole Wheat, Whole Grain Foods

Allowed:	Brown Rice: 14-16 oz. Corn Tortillas: 16 oz. package, only specific brands listed Whole Wheat Tortillas: 16 oz. package, only specific brands listed* Whole Wheat Pasta: 16 oz. package, only specific brands listed
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*Brands of whole wheat tortillas no longer eligible include: Bucky Badger, Chi Chi's, El Rey

Milk, Soy Milk, Yogurt, Cheese, Eggs, Canned Fish

Allowed:	Lactose Free Milk: Addition of 3-quart (96 oz.) container size Soy Milk: Addition of Silk Original and Great Value Yogurt: Only for Children ages 2-4 years, 32 oz. container, low-fat or fat free, only specific brands listed
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Infant Foods

Allowed:	Only specific brands listed
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Washington, D.C. 20250-9410;

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